

# **THE CITY OF SEATTLE SUMMER FOODSERVICE PROGRAM**

## **Breakfast Menu: June - August, 2012**



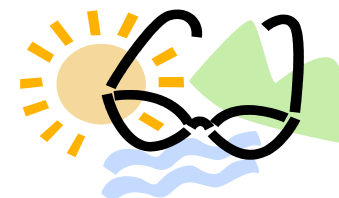
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>	June 28 <sup>th</sup>	June 29 <sup>th</sup>
		Summer Meal Program begins, <u>no</u> Breakfast served today!	Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	Honey Wheat Breakfast Bar* 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>
July 2 <sup>nd</sup>	July 3 <sup>rd</sup>	<div>July 4<sup>th</sup></div> <b>Independence Day Holiday</b>	July 5 <sup>th</sup>	July 6 <sup>th</sup>
Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	Yogurt w/ Homemade Granola* & Dried Fruit (strawberry or strawberry banana) Whole Grain Muffin 100% Fruit Juice 1% Milk  <i>*Gluten &amp; gelatin free yogurt, nut free granola</i>		Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	Whole Grain Mini Pancakes* (chocolate chip variety) 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>
July 9 <sup>th</sup>	July 10 <sup>th</sup>	July 11 <sup>th</sup>	July 12 <sup>th</sup>	July 13 <sup>th</sup>
Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	Honey Wheat Breakfast Bar* 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	Soft Bagel* (whole wheat or blueberry) w/ Cream Cheese 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk

Assorted Cold Cereal to include a variety of the following: Cinnamon Toast Crunch, Cheerios, Rice Chex, Rice Krispies, Fruity Cheerios & Total Raisin Bran.  
100% Fruit Juice will include a variety of flavors (apple or orange).

**(Menu subject to change)**

# BREAKFAST MENU

June - August, 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 16 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	July 17 <sup>th</sup>  Yogurt w/ Homemade Granola* & Dried Fruit <i>(strawberry or strawberry banana)</i> Whole Grain Muffin 100% Fruit Juice 1% Milk  <i>*Gluten &amp; gelatin free yogurt, nut free granola</i>	July 18 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	July 19 <sup>th</sup>  Whole Grain Mini Pancakes* <i>(chocolate chip variety)</i> 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	July 20 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk
July 23 <sup>rd</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	July 24 <sup>th</sup>  Honey Wheat Breakfast Bar* 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	July 25 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	July 26 <sup>th</sup>  Soft Bagel* <i>(whole wheat or blueberry)</i> w/ Cream Cheese 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	July 27 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk
July 30 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	July 31 <sup>st</sup>  Yogurt w/ Homemade Granola* & Dried Fruit <i>(strawberry or strawberry banana)</i> Whole Grain Muffin 100% Fruit Juice 1% Milk  <i>*Gluten &amp; gelatin free yogurt, nut free granola</i>	August 1 <sup>st</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	August 2 <sup>nd</sup>  Whole Grain Mini Pancakes* <i>(chocolate chip variety)</i> 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	August 3 <sup>rd</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk

(Menu subject to change)

Assorted Cold Cereal to include a variety of the following: Cinnamon Toast Crunch, Cheerios, Rice Chex, Rice Krispies, Fruity Cheerios & Total Raisin Bran.  
100% Fruit Juice will include a variety of flavors (apple or orange).

# BREAKFAST MENU

June - August, 2012



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
August 6 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	August 7 <sup>th</sup>  Honey Wheat Breakfast Bar* 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	August 8 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	August 9 <sup>th</sup>  Soft Bagel* <i>(whole wheat or blueberry)</i> w/ Cream Cheese 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	August 10 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk
August 13 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	August 14 <sup>th</sup>  Yogurt w/ Homemade Granola* & Dried Fruit <i>(strawberry or strawberry banana)</i> Whole Grain Muffin 100% Fruit Juice 1% Milk  <i>*Gluten &amp; gelatin free yogurt, nut free granola</i>	August 15 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	August 16 <sup>th</sup>  Whole Grain Mini Pancakes* <i>(chocolate chip variety)</i> 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	August 17 <sup>h</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk
August 20 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	August 21 <sup>st</sup>  Honey Wheat Breakfast Bar* 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	August 22 <sup>nd</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	August 23 <sup>rd</sup>  Soft Bagel* <i>(whole wheat or blueberry)</i> w/ Cream Cheese 100% Fruit Juice 1% Milk  <i>*Seasonal fresh fruit garnish</i>	August 24 <sup>th</sup>  Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk

(Menu subject to change)

Assorted Cold Cereal to include a variety of the following: Cinnamon Toast Crunch, Cheerios, Rice Chex, Rice Krispies, Fruity Cheerios & Total Raisin Bran.  
100% Fruit Juice will include a variety of flavors (apple or orange).